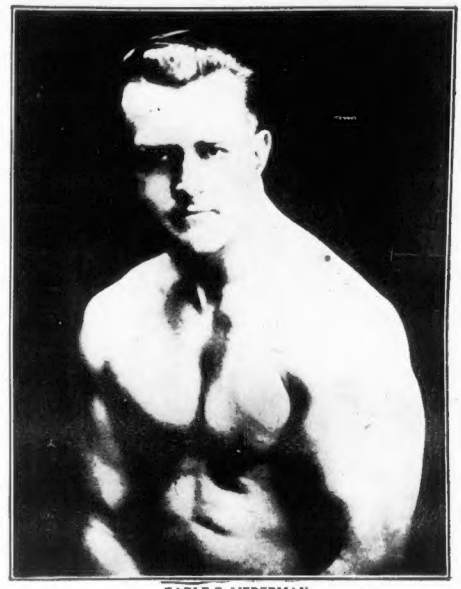
If You Were DYING TO-NIGHT

and I offered you something that would give you ten years more to live, would you take it? You'd grab it. Well, fellows, I've got it, but don't wait till you're dying or it won't do you a bit of good. It will then be too late. Right now is the time. Tomorrow, or any day, some disease will get you, and if you have not equipped yourself to fight it off you're gone. I don't claim to cure disease. I am not a medical doctor, but I'll put you in such condition that the doctor will starve to death waiting for you to take sick. Can you imagine a mosquito trying to bite a brick wall? A fine chance!



EARLE E. LIEDERMAN
THE MUSCLE BUILDER
Author of "Secrets of Strength," "Muscle Building," "Here's Health," "Science of Wrestling," "Endurance," etc., etc.

A Rebuilt Man

I like to get the weak ones. I delight in getting hold of a man who has been turned down as hopeless by others. It's easy enough to finish a task that's more than half done. But give me the weak, sickly chap and watch him grow strong! That's what I like It's fun to me, because I know I can do it, and I like to give the other fellow the laugh. I don't just give you a veneer of muscle that looks good to others. I work on you both inside and out. I not only put big, massive arms and legs on you, but I build up those inner muscles that surround your vital organs—the kind that give you real pep and energy, the kind that fire you with ambition and the courage to tackle anything set before you.

All I Ask Is 90 Days

Who says it takes years to get in shape? Show me the man who makes such claims and I'll make him eat his words. I'll put one full inch on your arm in just 30 days. Yes, and two full inches on your chest in the same length of time. Meanwhile, I'm putting life and pep into your old backbone. And from then on, just watch 'em grow! At the end of the thirty days you won't know yourself. Your whole body will take on an entirely different appearance. But you've only started. Now come the real works. I've only built my foundation. I want just 60 days more (90 in all) and you'll make those friends of yours who think they're strong look like something the cat dragged in.

A Real Man

When I'm through with you, you're a real man. The kind that can prove it. You will be able to do things that you had thought impossible. And the beauty of it is you keep on going. Your deep, full chest breathes in rich, pure air, stimulating your blood and making you just bubble over with vim and vitality. Your huge, square shoulders and your massive, muscular arms have that craving for the exercise of a regular He Man. You have the flash to your eye and the pep to your step that will make you admired and sought after in both the business and social world.

This is no idle prattle, fellows. If you doubt me, make me prove it. Go ahead! I like it. I have already done this for thousands of others and my records are unchallenged. What I have done for them, I will do for you. Come, then, for time flies and every day counts. Let this very day be the beginning of new life to you.

Read What These Ringmasters Say :-

November 18, 1926.
MR. EARLE E. LIEDERMAN,
305 Broadway, New York City.
Dear Mr. Liederman:

While I was in the Navy I read a lot about you and some of the books you have written, but it was not until I left the good old ship that I had the opportunity to personally investigate your methods of training.

I can readily see you have the finest course of physical culture that I have ever seen. Your method of teaching is immovable and I can heartily recommend it and every one of your exercises to anyone who wants to build up his body and obtain real health.

You are welcome to add this letter to your numerous others to help you make the world realize the value of exercise. No one will go wrong in taking your course and I hope you will always continue your good work.

Sincerely yours,
JACK SHARKEY.

JACK SHARKEY—Contender for World's Heavyweight Championship.

April 25, 1925.
MR. EARLE E. LIEDERMAN,
305 Broadway, New York City.
Dear Liederman:

All my life I have been a physical culturist. Various forms of exercise have always enthused me, but in all my experience, I have never seen a system of training that can equal yours. Your exercises are original and the manner in which you teach your students cannot help but produce results.

I gladly recommend your course to anyone as the finest means of body building. You are welcome to use this letter if it will be the means of inducing others to adopt your methods, for your course and exercises should be a household article. Very truly yours,

MIKE McTIGUE.

MIKE McTIGUE—Former Light Heavyweight Champion.

October 19, 1926.
MR. EARLE E. LIEDERMAN,
305 Broadway, New York City.
Dear Sir:

I recently had occasion to investigate your system of training and I found it unquestionably to be one of the finest courses I have ever seen. Your exercises are interesting, as to the apparatus you give to your pupils, and I do not hesitate to recommend it to anyone who is seeking health, strength and development.

I have also had the pleasure of reading all of the books you have written and have found them intensely interesting.

Keep up the good work and accept my best wishes for your continued success.

Yours very truly,
MONTE MUNN.

MONTE MUNN—Contender for World's Heavyweight Championship.

When such men as Jack Sharkey, Mike McTigue and Monte Munn, who have years upon years of experience with training, will praise the Earle Liederman system, there must be something to it. Surely champions of the ring know the proper method of training when they see it. Think that over! Now will you send the coupon?

EARLE E. LIEDERMAN,
Dept. 5,
305 Broadway,
New York City.

Dear Sir: Please send me absolutely FREE, and without any obligation on my part whatsoever, a copy of your latest book, "Muscular Development." I am also to receive FREE all of your photographs of muscular marvels.

Name.....

Street.....

City.....State.....

(Please write or print plainly)

TEAR OFF HERE—IT IS FREE—DON'T SEND A PENNY!

What I Have Done For Thousands

What I'll Do For You

I'll Make You Strong
I'll Put One Inch on Your Arm in 30 Days
I'll Put Two Inches on Your Chest in 30 Days
I'll Give You a Physique To Be Proud Of
I'll Add Many Healthy Years To Your Life
I'll Make You The Popular Idol of Your Gang
I'll Take The Wrinkles Out Of Your Spine

Here's Something New

Those who answer this advertisement at once will receive absolutely free 400 photographs of strong men and muscular marvels. These will come to your home from time to time as fast as they come off the press. The supply is limited, and in order to be sure of getting yours free, write now before the supply is exhausted.

The photo above shows Waldo E. Smith BEFORE following Liederman system. Lower photo shows Smith AFTER following Liederman system.

October 18, 1925.
EARLE E. LIEDERMAN,
305 Broadway,
New York, N. Y.
Dear Mr. Liederman:

For the benefit of mankind—for the middle-aged man—the over-fed man—the man with the aches and pains and imaginary troubles, take up Physical Culture as I did.

It has rejuvenated me in every part of my body and I am stronger and feel better than I have for years, and I am working hard and feel less tired at my work than when I was packing 208 pounds around all day. Now I weigh 174, and I will gladly recommend to any one Earle E. Liederman's system of Physical Culture and I honestly think there is nothing better for health and happiness.

Yours truly,
WALDO E. SMITH,
5113 Broadway,
Oakland, Cal.

September 23, 1925.
EARLE E. LIEDERMAN,
305 Broadway, New York City.
Dear Sir:

With much pleasure, I am sending you some photos of myself which show the improvement I have made since I enrolled with you in January.

When I enrolled with you I weighed 124 pounds. By following your instructions I've put on 45 pounds of muscle. My chest now measures 45 inches, neck 20, inside biceps, 16 inches, thighs, 25 inches, calf, 15 inches.

All my life I had been backward and shy—never cared to mix with others. Now I have "pep" and "poise" and am making friends every day. With my bony figure I used to be pitied by everyone. Now my physique is the envy of many. Everyone who knew me before looks at me now in amazement. For anyone who is not satisfied with his position in life, no matter what it be, I believe he can gain dominion quicker by building up a strong, rugged body, and your course is the best way I know to do it.

The largest photo was taken in April, only three months after I became your pupil. The skinny half-length photo shows the condition I was in January the day I sent you my enrollment.

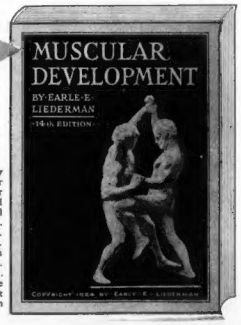
Thanking you a thousand times for your instruction and guidance to health and strength, I remain,

Your sincere friend,
TAPLEY C. FUCHES,
67 Winona Av., Detroit, Mich.
Sworn to before a notary of Wayne County, Mich.

Upper photo shows Tapley C. Fuches, January 19, 1925. Lower photo shows Liederman course. Photo below taken AFTER April 25, 1925.

The above photographs and letters speak for themselves. It makes no difference whether you are over-stout or underweight. I will transform your body and mould you into the true form of perfect manhood. Mr. Smith and Mr. Fuches are by no means exceptional cases. They are only fair examples of what I have done for thousands. What I have done for them I am now ready to do for you. In fact I guarantee it. I await your command to prove it.

FREE! Send for my new 64 Page Book "Muscular Development"



It contains over four dozen full-page photographs of myself and some of the many prize-winning pupils I have trained. Many of these are leaders in their business professions today. I have not only given them a body to be proud of, but made them better doctors, lawyers, merchants, etc. Some of these came to me as pitiful weaklings, imploring me to help them. Look them over now and you will marvel at their present physiques. This book will prove an impetus and a real inspiration to you. It will thrill you through and through. This will not cost you one penny. I want you to have it with my compliments. Besides this you will get hundreds of pictures of muscular athletes. These will be sent right to your home—just as fast as they come off the press. This is the most colossal proposal ever offered. There are no strings attached to it. No red tape. It is really something for nothing. All these pictures and the book as well will be yours—yours to keep. All you have to do is to fill out the coupon at left. This will not obligate you at all, but for the sake of your future happiness and health, do not put it off. Send today—right now before you turn this page.

START THE NEW YEAR RIGHT

Health and Strength are man's chiefest assets. When these have once been acquired, all else is within your grasp. Has 1926 been a forward stride in obtaining these choice possessions? Don't let another year of backsliding pass by. Make 1927 (yes, this very day) be the start of a new and bigger life for you.

EARLE E. LIEDERMAN

Dept. 5
305 BROADWAY
NEW YORK